

### **ABSTRACT OF THE DISCLOSURE**

An exercise device includes two bases retractably connected to a connection member located between the two bases and two posts are connected to the two bases. Each post has a plurality of ring-shaped weights mounted thereto and a ball is connected to a lower end of each post so as to be rotatably retained in a recess defined in each of the bases. A user exercises arms or legs by operating the two posts back and forth.